

2020 Keystone Football

“Why not us?”

Key Dates:

January 15 and 16- Max Test Weightlifting with Coach Ion- We will be doing the Grove City College Strength coach workouts.
GET IN THE WEIGHTROOM!!!

Mid to Late February- Open gyms in the morning- 6:35-7:35- Two days a week. Backs, receivers, QB's one day; whole team w/ lineman the other.

Days of the week? Which are better?

SPRING team outing: Camp Coffman- Paintball on a Saturday: Who is in?

Summer Workouts Tentatively Begin: June 8th or 15th....TBD... Which days and times are good for OPEN FIELDS?

Team Camp @ Lycoming: July 19-22. Please reserve these dates. 9th grade is invited to camp with us this year.

Youth Camp: TBD...Come and Coach and help out with Youth Camp.

Mandatory Heat Acclimation August 10-14

Mandatory Double Days: August 17-22

First game Home v. Redbank August 28th....New team is week 3 vs. Brockway

